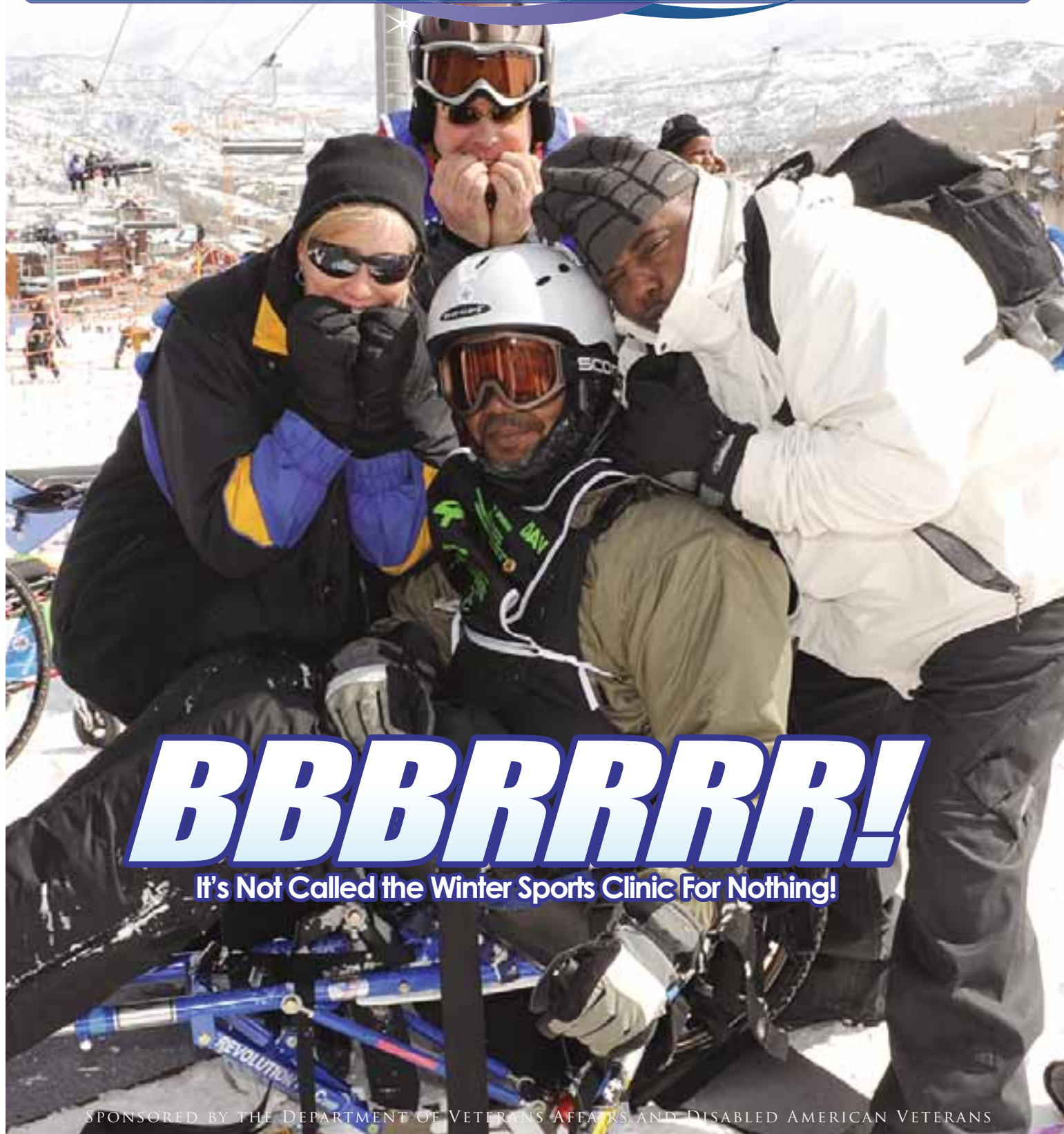


THE OFFICIAL PUBLICATION OF THE 23<sup>RD</sup> NATIONAL DISABLED VETERANS WINTER SPORTS CLINIC

# SkiGram

WEDNESDAY EDITION • April 1, 2009

[www.wintersportsclinic.va.gov](http://www.wintersportsclinic.va.gov)



# BBBRRRR!

It's Not Called the Winter Sports Clinic For Nothing!

SPONSORED BY THE DEPARTMENT OF VETERANS AFFAIRS AND DISABLED AMERICAN VETERANS



# Baby, It's Cold Outside!

...at least that's what a lot of people are saying at the Winter Sports Clinic this week. With temperatures dropping and the snow continuing to fall, some skiers are just loving it while others are bundling up and finding new ways to stay warm.

"It was 80 degrees in Santa Ana (Calif.) when I left on Saturday," said Charles Register, a visually impaired skier who is attending the Clinic for the first time. "I grew up in New York City though, so I'm familiar with cold weather. You need to dress in layers and bring the right gear." Register did just that. After donning snow pants, a warm jacket and gloves when he skied downhill on Monday, he said, "I didn't feel the cold at all. In fact, I was sweating."

For Ray Livermont of Cheyenne, Wyo., this kind of weather is old hat. "It's warmer here than back home," he said. "There's a lot more wind in Cheyenne and it's the wind that really makes it cold."

Robert Briggs lives in Hillsboro, Iowa, which got socked by a snowstorm earlier this week.

"It was in the 70s when I left," he said. "They got five inches of snow the other day though. If you don't like the weather in Iowa, just wait five minutes because it will change." Briggs is a deer hunter so he knows how to dress for the weather. "Overdress," he recommends. "You can always take things off."

Marcia Zacks is a coach from the VA Medical Center in Detroit, an area that also had a tough winter.

"We were inundated with snow this year," she said. "I am still feeling it in my hands from all the shoveling I had to do." At the Clinic, though, she doesn't mind the cold temps much. "It's gorgeous out here and I love it. I haven't been cold at all out there. It's phenomenal."

Russell Worth, a long time participant from Brown Deer, Wis., says it's actually warmer here this week than it's been back home the past few months. His caregiver, Steven Hoyer, from the VA Medical Center in Milwaukee, agrees.

"I have a puppy at home that needed to go outside a lot when it was below zero," he said. "This is much better." The dog, he noted, enjoyed the cold weather much more than he did.

Derek Thomas has come to the Clinic for 22 years. From San Diego, which just may have the

best weather in the continental U.S., Thomas finds the Snowmass temps "exhilarating." He believes that this week's cold weather may be the coldest he's experienced in his many years at the event, but he's enjoying it.

"I try to keep one foot in paradise no matter where I go," Thomas said. "I'll go back to enjoying the warm weather again when I get home."

Another Californian, Victor Escamilla, feels differently and misses the warm weather of home. "It's really very cold here," he observed. "It takes me two hours to defrost!" But being around the many friendly people at the Clinic, he said, helps warm him up.

A veteran from Idaho, Bob Eiden doesn't mind the weather here at all. The secret, he said, is wearing lots of clothes.

"I'm originally from Montana and this is nothing," Eiden said. "It could get to 60 below in Butte – this is like spring!"

Register did have one more piece of advice for staying warm, especially for the women. It involves the evening entertainment activities at the Snowmass Conference Center.

"Tell everyone that the best way to stay warm is to start dancing!" he said. "The DJ on Monday night was excellent."



## Vote for the 2009 Clinic Awards

It's time to start thinking about recognizing those individuals that make the Clinic the wonderful event that it is. Listed below are the awards to be given out on Friday, voted by you. Keep them in mind as you go about your Clinic activities.

The DAV Freedom Award for Outstanding Courage and Achievement is given to the veteran who shows bravery in taking a giant step forward in the rehabilitation process. It is given to the individual who proves that a physical disability is in no way a limitation.

The Linnie Howard Spirit Award is named for Linnie Howard, who attended the first Winter Sports Clinics. At the age of 69, he was the oldest participant, but he showed everyone that age is not a barrier. The winner of this award is a model for everyone and represents the true spirit of the Clinic.

The Judy Shawo Commitment to Excellence Award is named for Judy Shawo, an ICU nurse at the Grand Junction VA Medical Center. Shawo volunteered as a tether, working long and hard in her commitment to the Clinic. This award is presented to a volunteer who shows outstanding dedication and commitment.

The Sid Ford Award for Services Above and Beyond the Call of Duty is named for VA's Regional Director for this area when the Winter Sports Clinic was born. A strong supporter from the beginning, Ford helped make the Clinic a reality. This award recognizes a staff person who demonstrates the same kind of dedication and demonstrates that nothing is impossible when you believe.

The Heidi Hatch Cross Country Extraordinaire Award is named for Heidi Hatch, VA employee and Clinic volunteer, and is given to an outstanding cross-country skier. Her warm and sunny personality was an inspiration for everyone who attended the Clinic.

The Bill Givens Dedication Award is named for Bill Givens, who participated as a team leader at the Winter Sports Clinic for many years. This award recognizes

an outstanding team leader.

In addition to these awards, other awards are given to individuals who make the Clinic a success. The Most Excellent Coach Award is given to an outstanding coach in any activity. The Novice Alpine Skier Award is awarded to a beginner skier who has improved the most during and the Alpine Ski Instructor Extraordinaire is given to the most outstanding alpine ski instructor.

Ballots are located in the conference center lobby. Make sure to cast your vote by 10 p.m. Thursday.



## 'Jarhead' Teaches Creative Writing

New York Times best-selling author Anthony Swofford will teach a creative writing course this evening at 7:30 p.m. in the Cabaret Room at the Silvertree Hotel. Swofford, who attended the National Disabled Veterans Winter Sports Clinic as a guest in 2006, is a renowned veterans advocate.

"It was important to Tony to come back here because he really wants to help veterans. In his heart, you know he truly cares about his fellow vets and wants to make a difference," said DAV National Commander Raymond Dempsey. "We hope participants will take him up on his offer to teach this class because it is critical that we as a community tell our stories so the public fully understands the sacrifices we have made on behalf of our nation."

Swofford is best known for his memoir 'Jarhead,' which chronicled his experience as a Marine sniper with the STA (Surveillance and Target Acquisition) Platoon of 2nd Battalion, 7th Marines during the Gulf War. A movie was made based on the book. His first novel, Exit A, was published in January 2007.

While attending the American River College in Sacramento, Swofford was published in and the editor in chief for the American River Review, an award winning literary magazine. Later, he earned his bachelor's degree in English from University of California, Davis and earned a Master of Fine Arts from the Iowa Writers' Workshop, at the University of Iowa.

Swofford then served as an English professor at Lewis and Clark College, where he taught a class in the school's 'Inventing America' program, and St. Mary's College of California. Swofford has had articles published in The New York Times, Harper's, Men's Journal, The Iowa Review, and other publications. He is a Michener-Copernicus Fellowship recipient.



# The Show on the Snow!





# The Prosthetics Post

Welcome to another edition of the daily “Prosthetics Post” column in the Ski•Gram where you can get answers to frequently asked questions regarding prosthetics. Don’t forget, prosthetics professionals are here this week to answer your questions. Make sure to visit the information booth at meal times today. Our Web site is always available for more information:

[www.prosthetics.va.gov](http://www.prosthetics.va.gov)

Now for our question of the day:

Dear Prosthetics Post,  
I am a non-service connected vet. Does this mean that I can’t get the same stuff from Prosthetics that the guys and gals injured in combat can get?

Sincerely,  
*Guy in Desperate Need*

Dear Guy in Desperate Need,  
Sorry, you get nothing. Just kidding – April Fool’s! The answer to your question is “No!” Eligibility is based on *medical necessity* for items or services your clinician prescribes if you’re enrolled at VA. Service connection affects certain Prosthetic programs, like Automobile Adaptive Equipment (non-service connected veterans get equipment to get into and out of their vehicle only) or Clothing Allowance; however, the Home Improvement and Structural Alteration Grant program simply grants a larger award to service-connected veterans. If you qualify for the equipment, and your VA clinician prescribes it and gives medical justification, your service-connected status doesn’t usually make a difference. That’s good news!

## Champion’s Challenge

The 2009 Champion’s Challenge is a national event sponsored by VA and the Veterans Canteen Service (VCS) to promote a healthier, active lifestyle for veterans, family members, VA staff and the public.

The goal is for each participant to complete 150 minutes or more of moderate intensity physical activity for at least eight out of twelve weeks during the challenge, which runs from March 29 – June 20, 2009. Participants earn milestone prizes along the way, and participants who complete the challenge will be eligible to enter a national prize drawing sponsored by VCS.

It’s easy to get involved! Register on-line at [www.move.va.gov/challenge.asp](http://www.move.va.gov/challenge.asp). Those who register can pick up a registration prize in the dining hall during meal times in the Snowmass Conference Center through today.

## Fly Fishing Selections

Here are the winners for the Wednesday Fly Fishing Trip: Dennis Best, Jeffery Ellett, Michael Fradera, Donald Grigsby, John Harris, Elroy Hughes, Darryl Lair, Jonathan Lujan, Susan Macaulay, David May, John Montovano, Allen Palmer, Gary Wiedemann, Charles Zimmer.

Thursdays winners are: Clifford Finch, Thomas Grieb, Donald Lange, Darrell Lawrence, Michael Lindhurst, Doug Little, Theresa Perry, Steven Scott.

## Friends of Bill W. Meeting

Alcoholics Anonymous will meet nightly in the Aspenwood Meeting Room, located in the Aspenwood Condominiums on Fall Lane.

Anyone in need of support and encouragement in working through recovery are invited to attend. The meetings will be held from 8-9 p.m.

## Your Life IS History

If you’d like to make history, sign up for the Veterans History Project (VHP). The VHP is a national effort to record the stories of service from our Nation’s heroes.

A filmed interview of your experience is sent to the Library of Congress. Interviews are taking place today, tomorrow and Friday morning in the Janss Auditorium on the second floor of the conference center. Appointments are available in the Media Center (in the Erickson room) from 8:30 a.m. until 5:30 p.m. through Thursday, and Friday 9 a.m. until noon. If you need to cancel your appointment, please let the VHP team know right away.

## what are YOU saying?

Getting ready for Taylor Dayne tonight, who was your first concert?



**Adrian Lamboy-Olmo**  
Toa Alta, Puerto Rico  
Army

“How can I forget KISS? That band is unforgettable.”



**DeMarlon Pollard**  
Birmingham, Ala.  
Navy

“My first concert was Bon Jovi during the *Slippery When Wet* tour back in the early ‘80’s.”



**Marilyn Rodgers**  
Oxnord, Calif.  
Army

“I’ll never forget seeing the English Beat and the Clash in 1981 at the Hollywood Palladium in Los Angeles. What a great concert!”



**Chuck Sketch**  
Phoenix, Ariz.  
Marine Corps

“Van Halen in 1980 at the Phoenix Coliseum was my first concert. I wasn’t really into music back then until I saw Van Halen in concert. But, I have to admit, my tastes have changed!”

## Taylor Dayne Sure to Heat Up the Cold Cold Night

Making her first ever appearance at the Winter Sports Clinic, multi-platinum recording artist Taylor Dayne will rock the house with a performance this evening in the conference center ballroom from 9 p.m. until midnight.

The red carpet will be rolled out for Dayne, a three time Grammy nominee who has produced 17 top hits on the charts. Her three gold singles include the 1988 worldwide dance hit *Tell It To My Heart*, along with *I’ll Always Love You*, and *Love Will Lead You Back*. Over the course of her career that spans three decades, she has sold more than 75 million albums and singles worldwide.

Dayne co-wrote four songs on her newest CD, *Satisfied*, released last year, including the dance hit *Beautiful*.

A world-class performer, Dayne’s talents are not limited to singing. Acting roles included her debut in the 1994 remake of *Love Affair* with Warren Beatty, and her performance in Elton John’s Broadway musical *Aida* in 2001, as well as roles in hit television series *Rescue Me* and *Cold Case*.

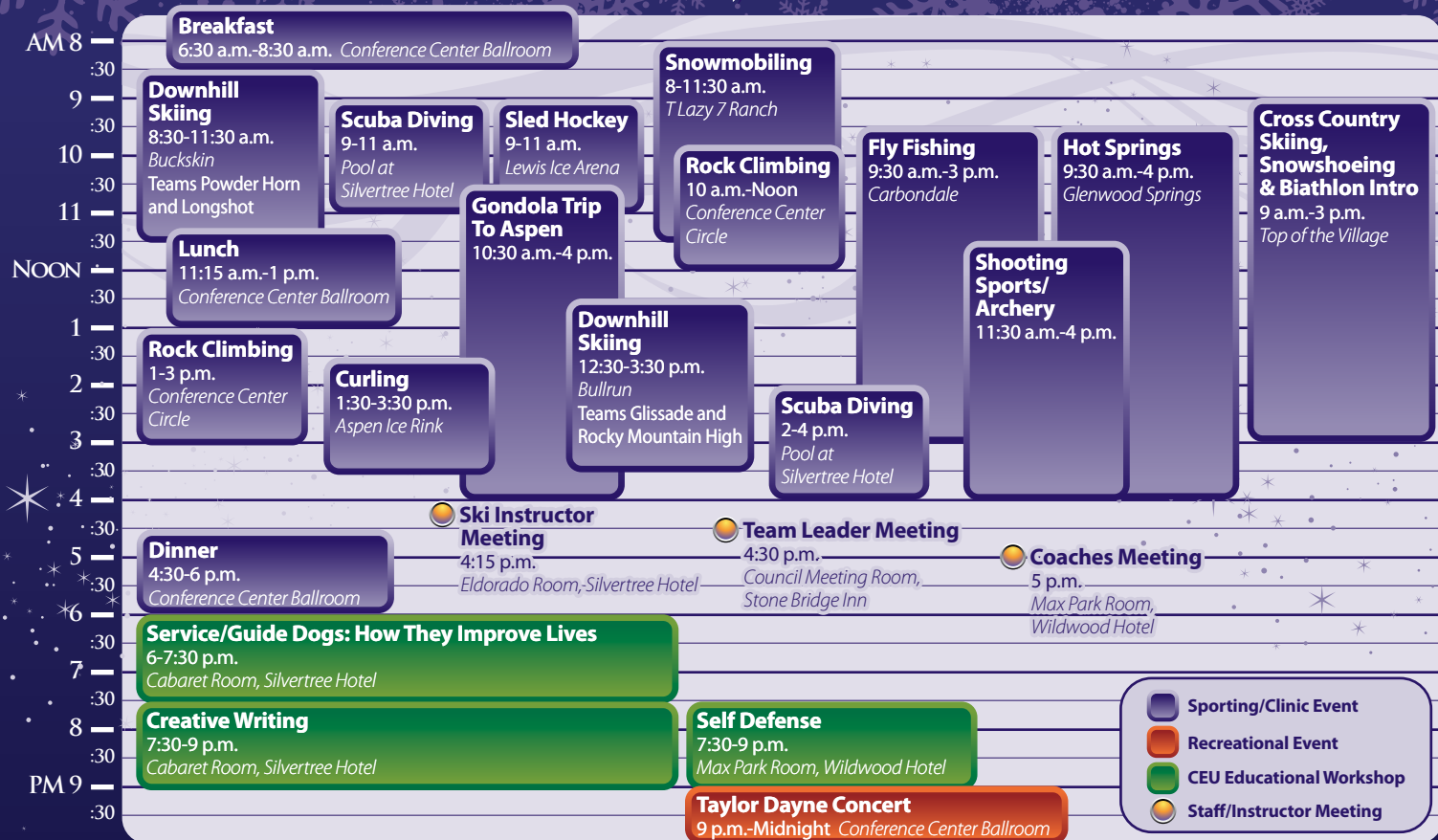
In March, Dayne wrapped up a stint on the Country Music Television (CMT) reality series *Gone Country*, which featured an eclectic cast of performers living with cameras rolling 24 hours a day. In a message on the Web, she says the very new experience has inspired her creatively and introduced her to some of Nashville’s finest writers and artists.

By the way, Dayne’s web savvy fans are encouraged to join her Facebook and MySpace pages by visiting [www.taylordayne.com](http://www.taylordayne.com).

Be sure not to miss tonight’s concert, and be ready to dance the night away!



# SCHEDULE FOR WEDNESDAY, APRIL 1



## The Bulletin

### Wheelchair and Prosthetics Repair

Located at the Host Room in the Conference Center.

Hours are:

6:30 a.m. - 8:45 a.m.  
11 a.m. - 1 p.m.  
4 p.m. - 5:30 p.m.

In between these hours please call (970) 689-0049 for wheelchair assistance, and (970) 430-2007 for prosthetics needs. Please do not call after 6 p.m. unless it is an emergency.

### WEATHER

#### TODAY

High: **31°**

Low: **13°**

#### TOMORROW

High: **41°**

Low: **22°**

Clouds with Snow

A.M. Snow Showers

### Medical Room

**For emergencies dial 911**

Phone is **(970) 923-8330**. The room is located in the Bedford A conference room, across the street from thezzz Mountain Chalet Hotel. Stairway access from the mall is next to Christy Sports. Wheelchair access is by the elevator at the far end of the mall above the bus terminal.

**Transport:** Van transport is available from the Silvertree Hotel to the medical room in the front of the hotel, or by calling the medical room.

**After hours:** Call the medical room for recorded instructions on how to contact the "on call" medical provider. If unsuccessful, call the hotel operator.

### Massage

Complimentary massage is located in the Elbert room in the Silvertree Hotel. Please call (970) 980-7772 from 8 a.m. to 6 p.m. daily to schedule an appointment. Wednesday and Thursday still have spaces available.

### Transportation Schedule

Event	Load	Depart
<b>Snowmobiling</b>		
First Trip	6:45 a.m.	7:15 a.m.
Second Trip	9 a.m.	9:30 a.m.
<i>Please make sure to load at your correct, scheduled time.</i>		
<b>Sled Hockey</b>	7:45 a.m.	8:15 a.m.
<b>Fly Fishing</b>	8 a.m.	8:15 a.m.
<b>Cross Country Skiing</b>		
First Trip	8:20 a.m.	8:45 a.m.
Second Trip	1 p.m.	1:30 p.m.
<i>Buses will run up and down the mountain throughout the day. The 1 p.m. bus will also pick up any participants from the first trip who wish to return to the Conference Center. All remaining participants will be picked up at 3 p.m.</i>		
<b>Hot Springs</b>	9:30 a.m.	10 a.m.
<b>Trapshooting</b>	10 a.m.	10:30 a.m.
<b>Aspen Gondola</b>	10 a.m.	10:30 a.m.
<b>Curling</b>	12:45 p.m.	1 p.m.